



# The Beacon

The Newsletter of  
Med-Cert, Inc.  
Volume 1  
Issue 51  
April 2014

## Med-Cert Medical Management Resources

*“Guiding your way to better health management”*

### Dementia

#### What is Dementia?

Dementia describes symptoms that result from damage to the brain, such as memory loss and problems with thinking.

Alzheimer's disease is the most common form of dementia.

Dementia is not temporary confusion or forgetfulness. Dementia eventually progresses to become worse over time.

#### How is Dementia diagnosed?

In diagnosing dementia a doctor uses certain criteria. Criteria for the diagnosis of dementia include impairment of attention, orientation, memory, judgement, language, motor and spatial skills, and function. Dementia by definition is not due to major depression or schizophrenia.

#### About Dementia

Dementia is not a disease itself, but rather a group of symptoms that are caused by various diseases or conditions. Symptoms can also include changes in personality, mood and behaviour. In some cases, the dementia can be treated and stopped or even reversed because the cause is treatable. Examples of this include

dementia caused by substance abuse (illicit drugs and alcohol), combinations of prescription medicines, and hormone or vitamin imbalances. In some cases, although the person may appear to have dementia, a severe depression can cause the symptoms. This is known as pseudo-dementia (false dementia) and is highly treatable. In most cases, however, a true dementia cannot be cured.

Dementia develops when the parts of the brain that are involved with learning, memory, decision-making and language are affected by one or more of a variety of infections or diseases. The most common cause of dementia is Alzheimer's disease, but there are as many as 50 other known causes. Most of these causes are very rare.

Because some causes of dementia can be cured or partially treated, it is very important that your doctor is thorough when making the diagnosis, so as not to miss potentially treatable conditions.

#### What causes Dementia?

There are several things which could cause dementia:

- Diseases that cause degeneration or loss of nerve cells in the brain such as Alzheimer's, Parkinson's and Huntington's.

- Diseases that affect blood vessels, such as stroke, known as vascular dementia.
- Toxic reactions, like excessive alcohol or drug use.
- Nutritional deficiencies, like vitamin B12 and folic acid deficiency.
- Infections that affect the brain and spinal cord, such as AIDS dementia complex and Creutzfeldt-Jakob disease.
- Certain types of hydrocephalus, an accumulation of fluid in the brain that can result from developmental abnormalities, infections, injury or brain tumours.
- Head injury - either a single severe head injury or longer term smaller injuries, like in boxers.
- Illness other than in the brain - kidney, liver and lung diseases can all lead to dementia.

Alzheimer's disease causes 50% to 60% of all dementias. But researchers have found two nervous system diseases emerging as major causes of dementia: Lewy body disease and, less commonly, Pick's disease.

#### *Med-Cert provides:*

*Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments*

**For information on any of our services, please call 866-261-5657 (toll free). We are on the Internet. Visit us at:**

[www.medcertinc.com](http://www.medcertinc.com)

## Medication does and don'ts

These safety tips can help you make sure your medication works safely to improve your health.

### Five medication dos:

- **DO** take each medication exactly as it has been prescribed.
- **DO** make sure all your doctors and other healthcare professionals know about all your medications.
- **DO** let your doctors and other healthcare professionals know about any other over-the-counter medications, vitamins, supplements and herbs that you use.
- **DO** try to take your prescription to the same pharmacy each time so they can help you keep track of everything you're taking.
- **DO** keep medications out of the reach of children.

### Five medication don'ts:

- **DON'T** change your medication dose or schedule without talking with your doctor or pharmacist.
- **DON'T** use medication prescribed for someone else.
- **DON'T** crush or break pills unless your doctor advises you to do so.
- **DON'T** use medication that has passed its expiration date.
- **DON'T** store your medications in locations that are either too hot or too cold. For example, the bathroom cabinet may not be the best place for your medication.

## Did you know??

The eyelashes shed by a human in his/her entire life is of 30m of length....

### Please note:

*Our office will be closed on Monday, May 26<sup>th</sup> in observance of Memorial Day!*

### **DON'T FORGET TO PRECERTIFY**

**Med-Cert's Toll-free Precert Telephone Number is (800)-356-7126 and should be reflected on your health insurance ID cards.**

It is ultimately the responsibility of the employee/participant/member to make sure precertification has been done. Many plans will reduce your benefit amount if you fail to precertify.

Group Health Plans vary from one employer to the next so it is important for you to know what your health plan requires. Call the customer service representative for your health plan if you have questions.

Below is a list of some of the common Standard Precertification Notification Requirements.

- *Inpatient Hospital Stays*
- *Inpatient Treatment for Mental and Emotional Conditions or Substance Abuse*
- *Inpatient Rehabilitation Therapy*
- *Skilled Nursing Care*
- *Outpatient Stays over 12 hours*
- *Outpatient Surgeries*
- *Physical Therapy after first 6 visits*
- *Speech Therapy after first 6 visits*
- *Home Health Care*
- *Hospice Care*
- *Maternity – on confirmation of pregnancy (or at least 2 months prior to delivery) and again on admission for delivery*
- *Outpatient Procedures – refer to your Employee Benefit Plan booklet as some plans require precertification for outpatient procedures*

# Recipe Corner

## Inside Out Cheeseburger



### Ingredients

- 1/4 cup shredded Cheddar cheese
- 1/4 cup shredded Gruyere cheese
- 1 pound 90%-lean ground beef
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons paprika
- 1/4 teaspoon freshly ground pepper

### Directions

1. Preheat grill to medium-high or preheat the broiler.
2. Combine Cheddar and Gruyere in a small bowl.
3. Gently mix beef, Worcestershire, paprika and pepper in a large bowl, preferably with your hands, without overworking. Shape into 8 thin, 4-inch-wide patties. Mound 2 tablespoons of the cheese mixture on each of 4 patties, leaving a 1/2-inch border. Cover each with one of the remaining patties. Crimp and seal the edges closed.
4. To grill: Lightly oil the grill rack. Grill the stuffed patties over medium-high heat, about 4 minutes per side for medium-well. (Be sure not to press the burgers as they cook or they'll split open and the cheese will ooze out.) To broil: Cover a broiler pan with foil and coat with cooking spray. Broil the stuffed patties in the upper third of the oven, about 4 minutes per side for medium-well. In either case, let the burgers stand for 5 minutes before serving.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition are Web MD and EatingWell.com.